QUESTIONS FOR A LIFE REVIEW
Additional Handout for Personal Development

Introduction

The following questions may be helpful in reflecting on where you are at the moment. They can be used in conversation with your mentor, a colleague or loved one. Or you could reflect on them through journaling. There is always a tendency to delude ourselves, so be honest.

Reflecting on Leadership

- Do I feel confident in leading in my work? Why? Why not?
- In what ways have others affirmed my leadership?
- What experiences have I had outside this area of work that give me confidence to lead?
- What experiences have I had where I said, 'Now I'm a leader'?
- What additional experiences do I need in order to feel confident and competent as I lead?
- What do I need to know or to understand in order to lead in my work?
- If someone could show me, tell me, or give me something to read or listen to that would help my understanding of leadership, I would like to know about…
- If the next generation of leaders was like me, what would I think? How do I need to grow?

Reflecting on Mentoring

- Something I would like to talk through with someone I trust…
- An area of confidence I would like to grow in…
- An area of my life or my soul I need to explore…
- I would value my mentor praying with me about…

Reflecting on Evangelism

- What kind of time have I spent with anyone who is a non-Christian this past month?
- What ignites my interest in sharing the faith? What drains it?
- What would help me to better model a commitment to leading more to Jesus?

Reflecting on Relationship with God/Character/Call

- How would I describe my relationship with God? What are the strengths and weaknesses?
- Where do I find myself resisting him these days?
- What habits intimidate me?
- What have I done to play?
- How am I doing with my friends, spouse, children?
- If a close friend or spouse was asked about my state of mind, state of spirit, state of energy level, what would the response be?
- What is the state of my sexual perspective? Tempted? Dealing with fantasies? Entertainment?
- Where am I financially? (Things under control? Under anxiety? In great debt?)
- Are there any unresolved conflicts in my circle of relationships?
- When was the last time I spent time with a good friend of my own gender?
- What are my fears at the present time?
- How am I sleeping?
- Do I like myself at this point in my pilgrimage?
- For me to serve God fully, what do I need to develop or change?
- Am I aware of any emotional baggage that I need to leave behind at the foot of the cross? Describe.